**Handedness Questionnaire #2**

Most people are either right-handed or left-handed. However, there are different "degrees" of handedness. Some people use one hand for jobs that require skill and the other hand for jobs that involve reaching. Other people use the same hand for these different jobs. Use this "Handedness Questionnaire" to measure the strength of handedness. Place a mark in a box for each question that describes you best.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Indicate hand preference: | Always LEFT | Usually LEFT | No preference | Usually RIGHT | Always RIGHT |
|  |  |  |  |  |  |
| 1. To write a letter legibly | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 2. To throw a ball to hit a target | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 3. To play a game requiring the use of a racquet | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 4. At the top of a broom to sweep dust from the floor | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 5. At the top of a shovel to move sand | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 6. To hold a match when striking it | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 7. To hold scissors to cut paper | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 8. To hold thread to guide through the eye of a needle | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 9. To deal playing cards | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 10. To hammer a nail into wood | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 11. To hold a toothbrush while cleaning teeth | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 12. To unscrew the lid of a jar | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |

TOTAL SCORE = \_\_\_\_\_\_\_\_\_\_

(This questionnaire was adapted from the handedness questionnaire by Briggs, G.G. and Nebes, R.D., Patterns of hand preference in a student population, *Cortex*, 11:230-238, 1975)

**How to Determine your Score**

For each of the 12 questions, assign point values:  
Always RIGHT = +2  
Usually RIGHT = +1  
No preference = 0  
Usually LEFT = -1  
Always LEFT = -2

Add up the scores for the 12 questions. The maximum score is +24 (extreme right handedness) and the minimum score is -24 (extreme left handedness).

**How to Interpret Your Score**

Scores can be divided into three parts:

-24 to -9 = Left handed  
-8 to +8 = Mixed handed  
+9 to +24 = Right handed

Data from the paper of Briggs and Nebes (1975) for college students

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| http://faculty.washington.edu/chudler/clear.gif | Left handed | Mixed handed | Right handed | TOTAL |
| Males | 74 (8.9%) | 47 (5.7%) | 710 (85.4%) | 831 |
| Females | 72 (9.4%) | 37 (4.8%) | 659 (85.8%) | 768 |
| Totals | 146 | 84 | 1369 | 1599 |